

# ANNUAL REPORT

2018/2019

Regina Transition House



Prepared by: Executive Director,  
Stephanie Taylor

## SNAP SHOT OF THE YEAR



Regina Transition House helped 329 (148 women and 181 children) women and children access safe shelter last year. We are seeing a leveling off year to year of the number of women and children we are able to assist.

The average length of stay was 16 days.

64% of women were staying at Regina Transition House for the 1<sup>st</sup> time.

We operated at an average of 91% family occupancy (per room). This means that after adding a day for cleaning of the room, an average of 91% of our rooms were being used at any given time.

A total of 1155 women and children called for entry to shelter last year. 46% of these people were added to the waitlist, and 35% of the time this was because the shelter was full.

Looking at the waitlist numbers and number of people served, we were able to assist 28% of the people who sought our help. The requests for assistance are increasing and we are functioning at or near capacity.

# STRATEGIC PLAN 2017-2020

## 2<sup>ND</sup> YEAR

HOW ARE WE DOING?



### STRATEGIC AREA 1. MEET THE NEEDS OF THE CLIENT

***As a recognized leader in responsive, and empathetic services, we create a confidential and safe environment for the empowerment of women and children to make changes in their lives.***

I.1a Meet the needs of a diverse clientele such as newcomers, LGBTQ2S, youth 16/17, women exiting gangs

Explore the needs, identify gaps, strategies to address

Formalize standards to support diverse client groups

*We have developed clearer procedures for admitting and working with youth, women exiting gangs or leaving community violence, and continue our work on developing affirmative procedures for working with LGBTQ2S clients.*

Develop a resource binder for newcomers

*We have more internal knowledge to address the needs of newcomers, and key community partnerships. We still need to develop a resource binder for assisting us in meeting best practices with this population and navigating the complex immigration system.*

Connect/plan with mental health services in the community (COAST, PACT, Native Health Services, hospital SW's, mental health services)

*We have implemented contacting COAST and PACT to assist in evaluating clients who are experiencing acute and serious mental health challenges. We have reached out to Native Health Services to assist in one Outreach client's case, but we could do more in collaborating with them. We regularly make referrals to Mental Health Services and often field calls from hospital social workers regarding possible new intakes.*

# STRATEGIC PLAN 2017-2020

## 2<sup>ND</sup> YEAR

HOW ARE WE DOING?



**1.1b** Connect with researchers who are doing this work [services for men] and learn about next steps in this region

*I connected with the Saskatchewan contact for this research project, Karen Wood, through the RESOLVE network. The project is titled “The Multi-Faces of IPV Across the Prairie Provinces: Men as Victims”. I assisted in providing some research leads to gain participants in Saskatchewan and discussed with the researchers some overlaps or concerns from the perspective of providing services to women who are survivors of IPV. We were not contacted for a focus group, but the research results are being presented in Manitoba at this time and I have reached out regarding opportunities to hear the results in Saskatchewan.*

**1.2.a** Review and clearly define objectives and activities of outreach and children’s programs

- Children’s education programming on Outreach night
- Outreach services for children (individualized)

*We have temporary funding from the Community Initiatives Fund to provide more proactive children’s programming both in-shelter and during outreach activities or to Outreach clients. We have a temporary Children’s Support Assistant working part-time to support this program.*

# STRATEGIC PLAN 2017-2020

## 2<sup>ND</sup> YEAR

HOW ARE WE DOING?



### STRATEGIC AREA 2: FOSTER COMMUNITY ENGAGEMENT

***Enable meaningful involvement and demonstrate the value and contribution of RTH programs in our community.***

2.1 Enhance existing and new partnerships.

- LGBTQ2S community
- Create affirmative environment, ensure community feels welcome and is aware of our inclusivity

*Queen City Pride Parade, reach out to UR Pride, examining forms and procedures for gender neutral language, updated website page talking about our services.*

- Immigrants/newcomers

*Use of CanTalks, use of translators from Immigrant Women's Centre, Regina Open Door, need to gain new information about the Regina Region Local Immigration Partnership*

- Partner with community groups

*Street Project/Physic Health, Friendly Visitors program for seniors, CHIP and the Regina Housing Initiative, SOFIA House workplace exchange*

# STRATEGIC PLAN 2017-2020

## 2<sup>ND</sup> YEAR

### HOW ARE WE DOING?



#### STRATEGIC AREA 2: FOSTER COMMUNITY ENGAGEMENT

##### 2.2 Strengthen visibility and impact within the community

###### 2.2a Work to develop a visibility strategy

- Offering a voice and face to the community
- Reach out to Immigrant/refugee community, LGTBQ2S, seniors

*Social media awareness posts, working with other community agencies, attending speaking engagements and community fairs when requested (i.e. Thompson School, Food Bank)*

- Donor acknowledgement

*Group donors or corporate donors/volunteers are acknowledged on social media, drop off of items for donation acknowledged with cards, handwritten notes sent to many special donors, all donors are acknowledged in some manner*

##### 2.3 Improve the use of technology to enhance awareness

- Increase social media presence and other forms of media

*Wrapped up #changethestory campaign and started #givealittlechangealot monthly giving campaign, radio ads for Ride for Refuge fundraiser with Harvard Broadcasting.*

- Re-launch a modernized version of the newsletter

*E-news letter sent out and posted December 2018. To be sent out bi-annually, Spring/Summer newsletter being put together now.*

##### 2.4 Engage in community education through partnerships

- Provide education to the community about RTH and intimate partner violence

*Presentations at RCMP, John Howard Society youth home*

# STRATEGIC PLAN 2017-2020

## 2<sup>ND</sup> YEAR

### HOW ARE WE DOING?



#### STRATEGIC AREA 3: MAINTAIN A STRONG ORGANIZATION

***Provide quality non-profit management practices and strong governance to garner the trust of stakeholders.***

##### 3.1 Increase competencies and skills of staff and Board to support changing client groups

- Staff training opportunities

*Street Project Narcan administration, trauma informed care, developed culturally relevant tools for working with clients, compassion fatigue/burnout/vicarious trauma, self-care plans, harm reduction webinar, self-defense training with Tyrell Smith. The whole staff training budget was used this year.*

- Share knowledge in operation's reports to Board

*This is typically done in the Program and Services portion of the report.*

- Test staff knowledge and present to group

*Staff members presented on their attendance at a human rights workshop, the Sexual Assault Services of Saskatchewan conference, Human Trafficking workshop, Indigenous health*

##### 3.2 Develop a Diverse Workplace Philosophy

Create a Diversity Philosophy statement for the organization

- Create strategy for diverse Board and staff recruitment
- Promote inclusivity of services for diverse clients
- Track staff and Board member diversity
- Survey staff and Board on developing an inclusivity policy and philosophy

*Feedback from staff and Board was collected, a draft has been developed and the Board has seen the 1<sup>st</sup> draft, staff to provide feedback on draft at an upcoming team meeting.*

# STRATEGIC PLAN 2017-2020

## 2<sup>ND</sup> YEAR

HOW ARE WE DOING?



### 3.3 Strengthen relationships between staff and Board

Promote understanding between Board and staff of each other's roles and contributions to the agency

- Staff attendance at Board meetings

*Three different staff members attended three different Board meetings during this year.*

- Board shadowing opportunities with staff

*There were 6 Board shadow shifts completed on an Outreach group night at the shelter.*



# STRATEGIC PLAN 2017-2020

HOW ARE WE DOING?



## **STRATEGIC AREA 4: ENSURE LONG TERM FINANCIAL SUSTAINABILITY**

***Strengthen and maintain ongoing stewardship to sustain our organization.***

### **4.1. Enhance efficiencies in processes.**

- Look for savings within existing budget and procurement

*We balanced our budget this year (with a small surplus) due to careful spending, following the budget, and increased donations.*

### **4.2. Expand revenue sources and diversify funding.**

- Increase funding dollars
- Increase potential donors –awareness campaigns, response to all potential donors, donor recognition
- Increase fundraising activities –two new fundraising events, new fundraisers evaluated on cost vs/benefit basis

*New grants acquired (Community Initiatives Fund, WICC, South Saskatchewan Community Foundation Grants, etc.), donor funds are increasing again and many new supporters are coming on board, 2<sup>nd</sup> Annual Eat and Empower Lunch, Ride for Refuge were our fundraisers.*

# STRATEGIC PLAN 2017-2020

HOW ARE WE DOING?



## **STRATEGIC AREA 4: ENSURE LONG TERM FINANCIAL SUSTAINABILITY**

### 4.3. Enhance the development of corporate sponsorships and partnerships

- Reaching out to potential corporate and other partners

*Contacted SaskTel, Viterra, Mosaic, ScotiaBank for corporate sponsorship, but none came forward as consistent financial supporters.*

### 4.4. Renew accreditation standards 2018

- Complete re-accreditation process

*Re-accreditation application was sent in for peer review at the end of March 2019. We just received word from Imagine Canada that our re-accreditation will proceed once a few items are responded to in July.*

- Maintain annual accreditation standards

# PROGRAM AND SERVICES 2018/19



## NEW INITIATIVES

- Funding through the Urban Programming for Indigenous Peoples allowed us to put on two feasts, have the house blessed by an elder, provide cultural programming in-shelter and during outreach groups (ribbon skirts and beading), and provide access to elders at special events.
- We enhanced our referrals and connection to Indigenous organizations offering services that are valuable to our clients –Fox Valley, Eagle Moon, Prairie Spirit Connection.
- The same funding allowed us to hire a contract counsellor, Dorothy Alexson, who provided over 90 hours of direct counselling time to our clients. We are continuing to fund some contract counselling hours and seeking new funding to continue this service.
- The Community Initiatives Fund has provided money to support enhanced children's programming and supports for both in-shelter and Outreach children.

## CLIENT FEEDBACK

*Women and children live violence free*

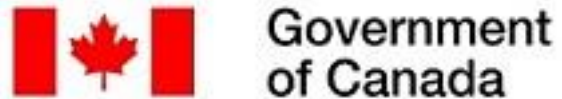


“I would just like to greatly appreciate everything Transition House has done for myself and my kids and because of your program we now see that we have options and can live our lives happy and abuse free. Thank you so much for helping my family. In the future I will recommend your house to a friend or family in need of safe shelter” (August 23, 2018).

“I appreciated so much how my son was treated. I will always remember the welcoming feeling I got coming in all scared and the people here made us feel at home and that we were cared for” (October 18, 2018).

“I am so thankful a place like RTH exists. I don't think any other shelter could have provided me with the safety, security and positive atmosphere that they did here...” (January 23, 2019).

# FUNDING PARTNERS



# 2018-2019 DONORS

Abel, Kathy	Beckman-Long, Brenda	Brumwell, Lee	Curry, Ann
Alesich, Ingrid	Bell,Carolyn	Bryck, Deborah & Murray	Daschuk, Nathan/Stepping Stone
Alliance Energy	Bell, Courtney	Burke, Kelly Jo	Davies, Irene
Amrud, Susan and Scott, Richard	Bellezza Moda	Byers, Barbara	Davison, Laurie
Anderson, Ernest & Jean	Benko, Angela	Canadian Women's Foundation	Diering, Roy
Andreas, Elaine	Bennett, Donald	Carievale United Church Women	Donald and Claire Kramer Foundation Fund at the South Saskatchewan Community Foundation
Atcheson, Nora	Black, Donald & Leanne	Carlson, Jessie and Gary	Dr. Martin LeBoldus High School Shop Class
Bale, David	Blau, Dave & June	Charron, Marana	Driscoll, Cara Gay
Baliko, Krista	Brown, Cory	City of Regina	Dupuis, Patty
Bantle, Murray	Brown, Diane	Co-Operative Hail Insurance Ltd.	Eaton's Alumni
Barker, Dylan	Brown, Roxanne	Costescu, Elaine	Evans, Ronald & Christine
Becker, Myron & Valerie	Brownstone, Lisa	Crossman, Patricia	Fahlman, Sheila

# 2018-2019 DONORS (PAGE 2)

Fallows, Jim & Trina	Griffin, Tara	Holmes, Susan	LaChance, Brenda
Farm Credit Canada	Haggman, Karen	Hutton, Laurie	Lakeview United Churh Women's Group
Fleet Services Department Staff, City of Regina	Haid, Heather	Jacoby, Nancy	Leader Post Christmas Cheer Fund
G. Murray & Edna Forbes Foundation Fund at the South Saskatchewan Community Foundation	Haines, Carmela & James	Jerry Mainil Limited	Ledingham, Eileen
Gardner, Maida	Hammond, Jason	Jha, Manish	Leippi, Wilfred and Mona
Gavigan, Michelle	Handel, Miriam	Johnston, Joan	Lingelbach, Martin
Gayton, Nick & Pamela	Hansen, Yolanda	Jump.ca	Lorenzen, Ann & Harald
Geall, Edward	Hassen, Nancy	Juschka, Darlene	Lovas, Sharon
Gorges, Susan	Hendrika, Maria	Kennedy, Lee/College Window Washers	Luttmer, Jeannette
Gorrill, Albert	Heritage United Church UCW	Kerr, Holly	MacPherson, Jessica
Graham, Randy and Laureen	Highland Ladies Curling Club	Knight, William	Marsden, Gerry
Gray, Glendene	Hinks, Charlotte	Knights of Columbus Council #4704	Martin, William

# 2018-2019 DONORS (PAGE 3)

Matthews, Steve	Moleski, Charlotte	Olson, Mrs. Matt	Richards, Kimeva
Maynard and Ida Gray Fund at the South Saskatchewan Community Foundation	Moore, Madeline	Onufreychuk, Presley	Robb, Ferne
McCaig-Paisig, Debbi	Mosaic Canada ULC	Ortman, Karen	Roberts, Joseph
McCashin, Colleen	Moss, Molly	Our Savior's Lutheran Church	Rodger, Ed
McCreary, Didi	Moyer, Pat Steel	Pedersen, Yens	Ross, Laurie
McCreary, Meredyth	Murphy, Roxanne	Phillips, Ann	Rumpel, Pauline
McLellan, Janet	Neddow, Joanne	Phillips, Edith	Ruud, Ingrid
McMurtry, Janet and MacNab, Ross	Newman, Calvin and Mary	Podl, Paul	Sanders, Sharon
Mengel Floor & Window Fashion	Norman Kennedy Presbyterian Church	Pratt, Linda	Sarai, Suneil
Millar, David and Anne	Ocrane, Sandra & Larry	Praxis Consulting	Sask Power
Miller, Shawna	Oehler, Terry	Punshon, Beverley	Saskatchewan British Car Club
Mock, Susan	Olive, Carole	Reine, Darrell	Saskatchewan Federation of Labour



# 2018-2019 DONORS (PAGE 4)

Schneider, Marlene	Southern Sask Santa & Mrs. Claus	The Shoebox Project/Homes by Dream Regina	Wallin, Devin and Hilary
Schwab, Mathieu	St Cecilia Men's and Women's Club	The Women's Company of Regina	Whitmore Park United Church
Sharma, Kanchan	St. Annes Catholic Women's League	Toppings, Nancy	Wilfred Hunt School
Sherwood Coop	St. Theresa School	Trefoil Adventure Guild	Wintergreene Estates
Sikh Society of Regina Gurudwara	Staruiala, Connie	Tudor, Bryan	Women Who Explore
Sinclair, Colleen	Sthamann, Bevan & Karen	Turner, Donna	Women's Inter-Church Council of Canada
Skidmore, Joanne	Stockan, Matthew	Unifor International	Wyatt, Doreen and Jim
Smith, Pamela	Storie Manor Social Committee	Unifor Local 1-S	Yee, Kay
Smysniuk, Rhonda	Sunset United Church Ladies Fellowship Group	Vaisey, J. S.	
Solie, Myrna	Sutherland, Kathy	Valgardson, Lynn	
Soparlo, Laura	Switzer, Lawrence and Elisabeth	Vogt, Michele	
Soubolsky-Kent, Joanne	Taylor, Jennifer	Wall, Faith	